

MAY/JUNE 1996

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USA GYMNASTICS



STRUG & ROETHLISBERGER WIN 1996 McDONALD'S AMERICAN CUP

FEATURES
ON

KERRI
STRUG

TO HEAR OR NOT TO HEAR

THE ROAD TO ATLANTA

McDONALD'S INTERNATIONAL
GYMNASTICS CHAMPIONSHIPS

BUDGET RENT A CAR
GYMNASTICS INVITATIONAL

JOHN MACREADY

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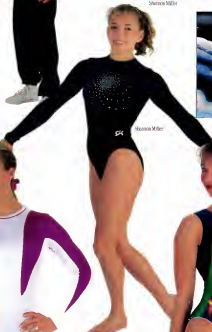
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USA GYMNASTICS

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FEATURES

KERRI STRUG

BY CHRISTOPHER J. HARRIS 8
Kerri Strug is a five-time World Championships Team Member and a 1992 Olympian. Most recently she won the 1996 McDonald's American Cup. We talked to Kerri about her training and future goals.

TO BEAM OR NOT TO BEAM

BY JEFFREY J. HARRIS 12
That four-inch wide, six-foot long apparatus known as gymnastics circles world wide as the beam, stands in the way of many gymnasts, yet brings out the best in many others. Read how other gymnasts have dealt with this apparatus.

Above right: John Roethlisberger with coach Paul Roethlisberger. Above: Kerri Strug with coach John Roethlisberger.



MCDONALD'S AMERICAN CUP

BY CHRISTOPHER J. HARRIS 21
Kerri Strug and John Roethlisberger won the 1996 McDonald's American Cup in Ft. Worth, Texas. The USA men swept the field taking first through fourth all-around in performances and winning every event.

MCDONALD'S INTERNATIONAL GYMNASTICS CHAMPIONSHIPS

BY CHRISTOPHER J. HARRIS 24
The McDonald's International Gymnastics Championships utilized a male gymnast, female gymnast and rhythmic gymnast. The two teams Belarus made up of Andrii Kar, Svetlana Bogarukova and rhythmic gymnast Eugenia Pavlase won the inaugural event.

BUDGET RENT A CAR GYMNASTICS INVITATIONAL

BY CHRISTOPHER J. HARRIS 26
Strong performances by both the men and women in the Budget Rent a Car Gymnastics Invitational at the Miami Arena helped Team USA win the title over France on April 6.

JOHN MACREADY

BY CHRISTOPHER J. HARRIS 40
John Macready is ready for the challenges that lies ahead as the next few months prior to the Olympic Games. He hopes to make his dreams come true by earning a spot on the 1996 Olympic Team.

Above: John (left), Kerri Strug, Andrii Karuk, Jessica Davis, David My, Jan Lepel, John Roethlisberger.



COVER PHOTO BY JEFFREY J. HARRIS. COVER ART BY JEFFREY J. HARRIS. USA GYMNASTICS PHOTOGRAPHY BY JEFFREY J. HARRIS.

USA GYMNASTICS is a national organization dedicated to the development of the sport of gymnastics in the United States. It is a 501(c)(3) non-profit organization. The organization is a member of the International Gymnastics Federation (FIG) and the United States Olympic Committee (USOC). The organization is also a member of the United States Artistic Gymnastics Association (USAG) and the United States Rhythmic Gymnastics Association (USRGA).

USA Gymnastics is the national governing body for the sport of gymnastics in the United States. It is a 501(c)(3) non-profit organization. The organization is a member of the International Gymnastics Federation (FIG) and the United States Olympic Committee (USOC). The organization is also a member of the United States Artistic Gymnastics Association (USAG) and the United States Rhythmic Gymnastics Association (USRGA).



KERRI STRUG STILL STRONG

FUN FACTS

BIRTH DATE:	November 18, 1972
HOMETOWN:	Savann, Arizona
RESIDENCE:	Houston, Texas
CLUB:	Karolyi's Gymnastics
COACHES:	Bele and Martha Karolyi
BEGAN GYMNASTICS:	1982
FAVORITE EVENT:	Floor and Bars
HOBBIES:	Reading, shopping, spending time with family and friends
TEAM:	Team, dad, and a brother and sister who are both former gymnasts.
COLLEGE:	UCJA in the fall of '98. Planning to study communications

CAREER HIGHLIGHTS

- 1996 McDonald's American Cup Champion
- 1995 World Championships Team Bronze Medalist and 7th All-around
- 1994 World Championships Team Silver Medalist
- 1993 World Championships All-around (competition 6)
- 1992 Olympic Games Team Bronze Medalist
- 1991 World Championships Team Silver Medalist

By Lynn Pezzack

Kerri Strug is 18 years old and has spent 1.4 years of her life in the sport of gymnastics. She has a long list of accomplishments including making two World Championships Teams and being the youngest gymnast on the 1992 Olympic Games Team. She's won an Olympic bronze medal, and three World Championships medals—two silver and one bronze. She's also ranked seventh in the World from the 1995 World Championships. Strug is one of the most seasoned veterans on the USA National Team.

With all of these accomplishments Strug is still going strong and looking for more medals to add to her collection. We spoke with Strug after her McDonald's American Cup victory and here's what she had to say:

Describe a day in the life of Kerri Strug.

I go to gym from 7:00-11:00 a.m. I do the easy stuff about noon. I eat lunch, do a cardio, and, and with Ann Zundel, do long run with my team if she's in town. I try to take an hour nap and then I go back to the gym from 4:00-7:00 p.m. After gym for I eat dinner, make phone calls, and, do a little cardio. I don't make flower arrangements, work, etc. I, as waitress, and then I go to bed.

What about school?

I signed with UCJA but I have deferred my school until the fall of '98 so I can train for the Olympics. I'm looking forward to competing in college. The college program is very competitive. There girls on my team [UCJA] do double layouts.

What makes you continue to train and want to compete at the '98 Games?

I want to compete in two Olympics because not every gymnast can do that. It's also nice that the Olympics are in the U.S. The U.S. team will have the support of the fans and every one will be behind them.

Is there an advantage to having the Olympics in the U.S.?

Yes, there is definitely an advantage to having the Olympics in the U.S. the one thing you don't have to get used to is time change. You also don't have to get accustomed to everyday things like food, hotel, weather etc. I'll be especially used to the weather in Atlanta because it's hot and humid in Texas too.

In 1992 you were the youngest on the Olympic team and this year if you make the team you'll be one of the oldest. How do you feel about this?

This time around I'll know what to expect. I have a lot of competitors behind me and I hope to compete to the best of my ability.

What advice will you give your younger teammates?

I'd tell them that they have to think of the Games as work or competition. I would say, "We're prepared just do the best that we can."

What do you tell critics who say you are too old for the sport?

It's obvious that the sport is changing. A variety of ages work in this sport as it does. It's a good thing. My physical ability is the same as it was four years ago. You just have to know that you can do it no matter what your age—look at Svetlana Bogacheva, she's 23 years old.

Has your coach Bela Karolyi, changed since 1992?

Yes, Bela and I have both changed. Now I'm able to communicate more. He knows that I'm doing gymnastics for myself. I'm trying and hard to succeed. I want to do well and make the Olympic team and be the best that I can be. We have a good working relationship.

What are your thoughts on the USA Women's team in Atlanta?

We have a lot of depth. It will be real hard to pick the seven girls on the team because there's a lot of talent on there. Hopefully everyone will be healthy and we'll have a great chance to do well. It seems like everyone thinks Romania is going to win and that makes me mad. I think we have to wait and see what happens. The U.S. team keeps improving. At the last few World Championships we haven't lost all of our top athletes. Hopefully by Atlanta everyone will be healthy and we'll show the world where we stand.



KERRI STRUG

"It's obvious that the sport is changing. A majority of gymnasts in the sport are older. It's a mental thing. My physical ability is the same as it was four years ago."





By Michelle Dusseaux-Farrell, R.D.

LET THE FEASTING BEGIN

Today's athletes understand the importance of good nutrition for optimum athletic performance. How would you like to be responsible for making sure that all of the foods (which include 1.2 million pounds of beef, 115,000 loaves of bread, and nearly 3 million gallons of water, just for starters) get delivered to the athletes that will be winning medals at this summer's Olympics?

Quite a task, but not one too big for the Aramark corporation. Having been the company to bring food to athletes, volunteers and spectators for the last 9 Olympic Games, Aramark has made it their job to make sure athletes have what they need for the athletic performance of their lives. Tita Cherrier, corporate spokesperson for Aramark, believes that Aramark has an extremely important task.

"We feel that we are a part of the athletes' performance," says Cherrier of Aramark's quest to make the meals and the food experience they provide fun, helpful and a taste of home.

With such wide international tastes that will be a part of the Olympic Games, Aramark has come up with what they call a World Menu. This World Menu has been developed through the 38 years of experience (starting with the 1968 Mexico City Olympic Games) that Aramark has with the Olympics. This menu includes foods that may sound foreign to Americans but are staples to the diets of international athletes. Cherrier says that rice soup, tabuleh, curry and fish for breakfast are big

international requests. Over the years the international menu has changed quite a bit, with more requests for fruits, cereals, breads and chicken. Requests for fried foods have decreased, while requests for vegetarian meals have been on the rise. Hard at work right now are several dietitians who are testing approximately 550 recipes that will be used during the length of the Olympic Games which start July 19 and end August 4.

Part of Aramark's plan to help athletes with their meal planning includes setting up a nutrition booth in the Olympic Dining Hall. Staffed by registered dietitians, athletes can receive one-on-one information regarding the amount of calories, grams of fat, protein and carbohydrates they are eating. In addition, nutrition literature will be available in French, English and Spanish allowing the athletes to become more involved with the planning of their meals.

Aramark estimates that the amount of food to be prepared in Atlanta will be about 7 1/2 times the amount served in Barcelona in 1992. However

McDonald's, now a food service partner of the 1996 Olympic Games, will also be feeding hungry athletes. With six restaurant locations in and around the Olympic villages, and with the international popularity and recognition of McDonald's, it will be a popular draw to athletes. Traditional McDonald's foods such as the Egg McMuffin and Big Mac will be available, but McDonald's will expand its menu to include items such as a salad bar, fresh fruit, yogurt and bagels. McDonald's has also printed a brochure *Nutrition Facts for Athletes*, which will help athletes to do some of their own meal planning during the games.

With the world of food at their fingertips, and with the help of Aramark and McDonald's, athletes in Atlanta will be able to design a medal-winning meal plan to beat any other.



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TO BEAM OR NOT TO BEAM

The four-inch wide, six-foot long apparatus that stands in the way of many gymnasts, can bring out the best in some of the most fearless competitors.

Every gymnast at some point has been afraid to get up and perform tricks on the balance beam. We asked some beam experts across the country how they get over their fears and what it takes to be successful on this event.

Ali Greenier, a gymnast from Cincinnati, Ohio, says at times she is afraid when trying new tricks on the balance beam but not for long.

"The way I get over my fear is to stay calm and think through what I am doing," said Greenier.

When in competition on the balance beam, Greenier concentrates on pointed toes and showing off to the judges.

"I am confident when I do my routine. I try to be the best I can be and get the highest score."

Jessica Stevenson, who is from Louisville, Kentucky, trains for her competitive tricks by blocking her fears out and being aggressive.

Some live for the moment.

Some close their eyes and pray to stay on.

It is the ever so famous balance beam that can make or break a gymnast in a matter of seconds.

By Kristen Augspurger



Jessica Stevenson

Level 10

Age 16

Olympic champion, Olympic medalist, World champion, U.S. National champion

Ali Greenier

World & U.S. National champion

Age 16

Olympic champion, Olympic medalist, World champion, U.S. National champion

"I tell myself I can do it and then I just go for it," said Stevenson. "When I am competing, I don't hold anything back. I go for everything 100 percent of the time."

Amy Chow, a member of the United States senior national team, is known for her amazing tricks on the balance beam. She takes every step to be perfect.

"When I am on the balance beam, I say to myself

the corrections that I've heard from my coaches," said Chow. "Reciting my problems helps me correct my mistakes."

Amy's tips for improving on the balance beam: Be confident, have total concentration and always strive for improvement.

All of the gymnasts agreed that the balance beam is a challenging event and can be a lot of fun if the challenge is accepted.

Amy Chow

national team member

Age 15

Olympic champion, Olympic medalist, World champion, U.S. National champion

Get into the Spirit of the Games!

STELLA KON MILLER
Author of The Strongest Woman



A guide for parents and coaches, this lively biography describes the intense struggle to ring out top Olympic burnout, an aging body, a frightening stellar accident, and conflict between parents and coaches. The book features action photos by Steve Lemp and personal stories shared by Konstantin, his family, and coach Steve Nunn.

This autobiography—now available in paperback—is the gripping story of the most famous and controversial gymnast coach of all time. Bule Kharidy pulls no punches as he comments on everything from politics and sexual judging to his sticky defiance from communist Romania in 1961 and his years in 1993.



This great hardback book for children is loaded with colorful photos of Olga from the '72 Olympics to the present. Its 64 easy-to-read pages feature Olga's fascinating story, including her Olympic triumphs and tragedies and the terrifying nuclear accident that caused her to leave her homeland for America.

Stella Kon Miller: America's Most Decorated Gymnast by Krista Quisenberry \$11.95 + \$2.00 shipping
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A Healthy 90° by Kharidy's team physician, Dr. Jack Jensen, is \$16.95 + \$2.00 shipping
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The National Gymnastics Foundation will touch a multitude of lives and turn dreams into glory with the help of the donors listed in this issue and the many others who will join us in the months and years to come. The Foundation wishes to recognize those donors who have supported its efforts from December, 1995 through March 15, 1996. We also want to acknowledge those individuals our donors chose to select with their contributions.

Support for The National Gymnastics Foundation:

- Builds scholarship programs to encourage gifted athletes
- Develops grassroots program models to help kids grow
- Strengthens international relationships through world education and competition
- Addresses the challenges that can affect the mental and physical health of gymnasts.

We thank you for investing in the future of gymnastics—for teaching so many lives—and for turning dreams to glory.

For more information about The National Gymnastics Foundation, Inc., please call **Michelle Sherban, Executive Director**, at (317) 237-5050, ext. 252.

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WHAT MY PARENTS DID RIGHT

USA GYMNASTICS SESSION FOR PARENTS!

The 1996 Congress presents a unique opportunity because it is conducted in conjunction with the 1996 USA Gymnastics Olympic Trials. Besides the normal attendees, there will be numerous "fans of gymnastics" including the parents of many young athletes involved in the USA Gymnastics Junior Olympic Programs.



**USA GYMNASTICS
CONGRESS**

BOSTON, MASS. JUNE 21-22

"WHAT MY PARENTS DID RIGHT"

Date: Friday, June 21
Time: 2:00-4:00 p.m.
Location: The Auditorium
Hyatt Convention Center, Boston.
Cost: \$30/person (advanced sales)
\$15/person (on-site)

PANEL PRESENTERS

Panel of Olympians—Former USA Gymnastics Olympians including Peter Vidmar (Men's Olympic Team, 1984), Nancy Thain Marshall (Women's Olympic Team, 1972), and other gymnastics Olympians.

Panel of Parents/Parents of current or former National Team Members or J.O. gymnasts

Panel of Sport Scientists—Members of the USA Gymnastics Sport Science Advisory Panel including Dr. Dan Benardot (nutritionist) and Dr. Jean Duda (sport psychologist), and guest, Dr. Arnold Naitze (physician). NOTE: The Sport Science Panel members will not conduct presentations, but they will serve as responders.

FORMAT

The Session will be moderated by Nancy Thain Marshall, USA Gymnastics Vice-President for Women and Chair of the USA Gymnastics Task Force on the Female Athlete Issue.

The first hour will be devoted to the Presenters sharing their personal experiences about the role that their parents played during their gymnastics career or the role they played (as parents) in supporting their children. Several of the former Olympians are now parents themselves of children participating in gymnastics or other sports.

The second half of the session will follow a question and answer format.

WHO CAN ATTEND?

This session is offered for the parents of gymnasts involved in women's artistic, men's artistic, or rhythmic gymnastics programs (Interested USA Gymnastics National Congress registrants may attend this session without additional charge.)

CAN ATHLETES ATTEND?

No. For this first USA Gymnastics effort at providing instruction to parents, we request that all attendees be parents of athletes. Please plan for the supervision of your young gymnast and other children so that this can be a session devoted to parents.

USA GYMNASTICS SESSION FOR PARENTS PRE-REGISTRATION FORM

As the parent(s) of a gymnast, we request:

☐ One ticket (\$30)
☐ Two tickets (\$15)

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SMALL RIBBON PATTERNS

HOW DOES ONE GRIP THE RIBBON STICK?

Gillian G. Zarro
Coach at Rhythmic Gym in Glenview, Illinois

To achieve good ribbon technique one should begin with the ribbon stick grip. Hold the stick as if you are writing or drawing with a pen or pencil. The end of the ribbon stick should be hidden in the palm of the hand.

Place the palm back up with the end of the stick in the middle of the base of the palm. Lightly wrap the little and ring fingers around the stick. The stick will naturally lie between the middle finger and thumb. Place the index finger on top of the stick, making the ribbon stick an extension of the index finger and ultimately an extension of the whole arm. The student is ready to learn small ribbon techniques.

WHAT JOINTS OF THE ARM ARE USED TO EXECUTE RIBBON MOVEMENTS?

Big ribbon patterns (swing, big circles) = Shoulder
Medium patterns (medium circles, figure 8 circles) = Elbow
Small patterns (bambles, spirals) = Wrist

Performing with the ribbon is difficult for both the beginner and the advanced rhythmic gymnast. As a teacher and gymnast, I have encountered many of the problems facing young students today so I prepared a series of questions and answers I hope will be beneficial to both teacher and student.

SHOULD THE ELBOW BE BENT OR STRAIGHT DURING SMALL PATTERNS?

When moving the elbow across the body (as in spirals or circles) slightly bend the elbow. Bend the elbow when performing gymnastics. On all other patterns try to keep the elbow straight. But, on small patterns, make sure that the arm is not stiff and rigid, but relaxed.

SHOULD AN EMPHASIS BE PLACED ON INWARD OR OUTWARD SPIRALS?

Nothing is wrong with an inward spiral, but it is easier for a beginner to start with an outward spiral. Eventually, the student must be good at both.

HOW IS AN EVEN RIBBON PATTERN ACHIEVED DURING SPIRALS AND SNAKES?

For a hole in a piece of cardboard is placed 18-24 inches wide. Hold the hand as well. Use only the ribbon stick, no ribbon. Place the ribbon stick in the middle of the hole and use the edges of the hole as a template. Try this method slowly then gradually speed up. Don't forget to use the wrist, NOT THE ELBOW. Make sure the wrist is down.

To learn snakes, separate two chairs and tie a rope between them about two feet off the floor. Face the rope and try to move the ribbon up and down using the proper motion. For horizontal snakes place two folded mats two feet apart and attempt to snake between them. For a horizontal snake above the head use a folded mat and the wall. Move the stick from the wall to the mat and look as if pinning a string with the ribbon as your hands. First point the string then the wall, then the floor.

ARE THERE OTHER WAYS TO IMPROVE RIBBON TECHNIQUE?

To strengthen the arms use two ribbons on the same stick. If the student is too advanced for the two ribbon exercise, try increasing the length of the single ribbon. A junior would use the senior size and a senior could use extra meter to the length of the old ribbon. Remember to warm to the normal size ribbon before competitions. Use of the larger ribbon is good for small patterns and increasing the awareness of the ribbon feel.

COACHES: Please submit your conditioning ideas to the Reebok Coaching Corner, c/o USA Gymnastics, P.O. American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

To improve small and big ribbon patterns try the following:

Use two ribbons simultaneously. Try to execute the same pattern with both hands, i.e. vertical snakes or vertical spirals. Next, combine simple patterns with both hands such as circles and small patterns (snakes or spirals). Finally, try opposite patterns. One hand doing snakes, the other spirals. Eventually, and simple moves steps such as dips, splits and circles.





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YOU'VE COME A LONG WAY!

Baby snapshots taken straight from your favorite athletes' personal family albums... **EVEN WHO?** This issue's legendary athletes are top level gymnasts. Using the clues below, can you figure out who they are?

• This gymnast is from Tucson, Ariz., but now trains at Kinsley's Gymnastics in Houston, Texas, with Bela and Martha Kasyuk.

• At age 14 she was the youngest member of the 1992 Olympic Team and won a bronze medal in the team competition.

• She has been a member of five World Championships teams and most recently won the 1990 McDonald's American Cup.



FIND ANSWERS ON PAGE 42!

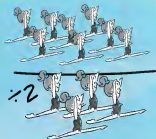
WHO IS SHE?

• He graduated from Stanford University, has a full time job as a computer company, and trains at Stanford.

• At age 20 he was the youngest member of the 1992 Olympic Team and he was also a member of the 1990 World Championships team.

• He hails from Washington, D.C. and he is 24 years old.

WHO IS HE?



The women's compulsory floor music will play 109 times during the Olympic Games competition.

Did
You
Know?

THE ROAD TO ATLANTA



The first round of rhythmic individual competition will consist of 40 competitors (the 40 gymnasts will compete two routines on August 1 and two routines on August 2). The top 30 gymnasts will advance to competition on August 3 and compete all four routines. The top 10 competitors will advance to competition on August 4 and will compete all four routines to name the individual all-around champion for rhythmic gymnastics.

Nine rhythmic groups will compete two routines on August 1 and the top six groups will advance to finals and compete two routines on August 2.

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around finals (limit of three per country). The top eight in each event from the team competition will advance to the event finals (limit of two per country).

The team competition for men's and women's gymnastics will be competed first, followed by the all-around, and then the individual events. The top 36 all-around from the team competition will advance to the all-

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EVENT SCHEDULE

Times & Events Subject to Change or Cancellation

MAY

- | | | |
|-------------|---|------------------|
| 3-5 | J.O. Nationals III & SR (W) | Indianapolis, IN |
| 3-5 | International Gymnastics Team (M/W) | Indianapolis, IN |
| 3 | USA Gymnastics Executive Committee Meeting | Indianapolis, IN |
| 4-5 | Eastern Open (M) | Indianapolis, IN |
| 4-5 | USA Gymnastics Board of Directors Meeting | Indianapolis, IN |
| 10-12 | J.O. Championships (M) | Tulsa, OK |
| 11-12 | Western Open (M) | Tulsa, OK |
| 12-14 | J.O. National Competitive Prog. Workshop (M) | Tulsa, OK |
| 16-19 | U.S. Classic Nationals (W) | ESOTC |
| 16-19 | National Gymnastics Festival (M) | ESOTC |
| 18-19 | Elite Qualifiers (M) | Parsons Sales |
| 21 - June 2 | U.S. Gymnastics Day/Night Nat'l Championships (M) | Atlanta, GA |

JUNE

- | | | |
|-------|------------------------------------|----------------|
| 5-8 | Gen-Coke Nat'l Championships (M/W) | Greenville, TN |
| 21-23 | Mythene World Championships (M) | Butteport, MOH |
| 25-26 | U.S. Olympic Trials (M) | Reston, VA |
| 27-30 | U.S. Olympic Trials (M/W) | Reston, VA |
| 27-30 | USA Gymnastics National Congress | Reston, VA |

JULY

- | | | |
|-------|-----------------------------------|---------------|
| 13 | Pre Olympic Exhibition | Greenwood, NC |
| 13-17 | ISG Congress | Atlanta, GA |
| 29-30 | Games of the XXVth Olympiad (M/W) | Atlanta, GA |

AUGUST

- | | | |
|-----|---------------------------------|-------------|
| 1-4 | Games of the XXVth Olympiad (M) | Atlanta, GA |
| TBA | Post Olympic Tour (M/W) | TBA |

OCTOBER

- | | | |
|-------|--|-------------------|
| 3-6 | National TOP Testing (W) | ESOTC |
| 12-13 | Junior Olympic Group Championships (M) | Downers Grove, IL |
| 18 | USA Gymnastics Executive Committee Meeting | Indianapolis, IN |
| 19-20 | USA Gymnastics Board of Directors Meeting | Indianapolis, IN |

GYMNASTICS ON TV!

Coca-Cola National Gymnastics Championships

June 8—8:00 to 6:00 pm EST
NBC Sports

June 9—3:00 to 6:00 pm EST
NBC Sports

U.S. Olympic Trials

June 29—8:00 to 6:00 pm EST
NBC Sports

June 30—2:00 to 3:00 pm EST
NBC Sports

June 30—7:00 to 9:00 pm EST
NBC Sports

check local listings for broadcast times

*Scheduling
Special Events: Moscow - 1994/95

ROETHLISBERGER AND STRUG WIN THE TITLE



John Roethlisberger

Karl String

ROETHLISBERGER: JEFF LEE

By Lynn Pezzullo

USA MEN SWEEP FIELD DURING PRELIMINARIES

The U.S. started the Olympic year off right, dominating the McDonald's American Cup in Ft. Worth, Texas, at the Tarrant County Convention Center, February 29-March 2.

After the men's preliminary round of competition Jair Lynch was

in the lead followed by his three U.S. teammates: John Roethlisberger, John Macready and Elaine Wilson.

Macready said, "We've all upgraded all our routines since the World Championships in Japan. I think it showed tonight."

Although Lynch won the preliminary competition, Roethlisberger came back strong during finals and won his second McDonald's American Cup title.

"I was very optimistic about coming here tonight," said Roethlisberger. "This meet served as a trial for my new routines and I'm glad I hit them."

Macready and Wilson were unable to advance to finals due to the two gymnasts per country rule. Both athletes looked great and have made upgrades to their routines since the 1995 World Championships.

The U.S. men swept every event title with Lynch winning three events. Lynch won floor with a 9.587 and vault with a 9.600. Lynch and Roethlisberger tied for first on pommel horse with a 9.612. Wilson won rings with a 9.737 and parallel bars with a 9.537. Roethlisberger won high bar with a 9.737. The winner of each event was awarded \$4,000 towards their training funds.



Mike Stogitz

John Mcurdy

John Lynch

Robin Wilson

THE McDONALD'S AMERICAN
CUP IS ONE OF THE MOST
PRESTIGIOUS INTERNATIONAL
GYMNASTICS
COMPETITIONS IN THE WORLD.
ATHLETES FROM
23 COUNTRIES
ARE COMPETING FOR THE
COVETED McDONALD'S
AMERICAN CUP TITLE.

Lynch said, "This event is very important. It's important to do well competing with Valeri Belenki and Andrei Kna, they are two of the top gymnasts in the world."

In response to the U.S. men dominating the all-around and each event, Olympic Coach Peter Knaum said, "I was extremely pleased. The men have upgraded their optional routines and the McDonald's American Cup was a good step in the right direction."

On the women's side, Kerri Strug's experience paid off as she dominated both preliminary and optional competition. Strug is probably one of the most seasoned international gymnasts in competition today having competed in five World Championships and an Olympic Games. This was for Strug was her first all-around victory at an international event since the 1990 Junior Pan American Games. She said, "I'm really excited

about my performances. This is a great way to start 1996. It really helped my confidence."

Another seasoned performer Kerri H. Jones, *Pan American Champion*, who now trains in Houston, Texas, at Karolyi's Gymnastics, took second all-around. Two-time Olympian Bogumirka said, "I'm so excited I was second. Last year was not good for me because it was my first time competing in a long time. This year is a good beginning."

1992 Olympian Olesana Chisovina from Uzbekistan took third in the all-around.

STRUG'S EXPERIENCE PAYS OFF



Kristy Powell

Svetlana Bogunskaya

Valeri Beloki

Andreea Ecu

Andreea Păcuru

Olivia Chavellin

Couch Bela Karolyi and his athletes have won the McDonald's American Cup a total of 11 times. Karolyi said, "It's ironic that 20 years ago a young Nadia Comaneci won this event and now what everyone is calling the 'old ladies' are up here in the spotlight. Kerra is 18, Svetlana is 23, Oksana is 20, and they are all 1992 Olympians. It is great to see these athletes up here and I think not only do they win but the sport of gymnastics wins, too."

Defending McDonald's American Cup Champion Kristy Powell took eighth all-around. She fell twice on floor which dropped her in the

rankings. She said, "I felt like I was ranking in one place and not getting anywhere on floor. I felt slow on both tumbling passes."

Powell was sidelined for several months due to injury in late 1997. The 1996 American Classic was her first big event back to competition and she finished fourth all-around.

Andreea Păcuru from Cyprus Academy of Gymnastics in Houston finished eighth all-around in preliminaries, but due to the two athletes per country rule in finals, was unable to advance. However, Păcuru looked great debuting a double twisting layout Yurchenko on vault

that earned her the second highest score on that event. She also attempted a front handspring double front mount on floor, and although she nailed two in warm-ups, she fell short in the competition.

During the preliminary round of competition which determined the event winners, Strug tied for first in beam along with Bogunskaya with a 9.775. Strug and Powell tied for first on floor with a 9.775. Bogunskaya won vault with a 9.887 and bars with a 9.800. Event winners received \$1,000 towards their training funds.

Results on page 29!

By Leon Ptaszek

This unique competition utilized a men's artistic, women's artistic and rhythmic gymnast in a three-on-three format at the Orni in Atlanta, Ga., March 5. An audience of 4,038 watched this inaugural gymnastics event.

Eighteen pairs of men's and women's artistic gymnasts began in round one. The top eight pairs advanced to round two and a rhythmic gymnast joined the group to form a trio. The top three trios moved to round three, the gold medal round.

Athletes from 22 countries competed in the competition for prize money totaling \$2,550.00.

BELARUS TRIO WINS THE 1996 McDONALD'S INTERNATIONAL GYMNASTICS CHAMPIONSHIPS

The Belarus trio of Andrei Kon, Svetlana Boginskaya and rhythmic gymnast Eugenia Pavlina won the 1996 McDonald's International Gymnastics Championships.

The mixed trio of Diego Lizardi (Puerto Rico), Oksana Chusovitina (Uzbekistan) and rhythmic gymnast Camille Martens (Canada) took second.

Third place went to the mixed trio from Ukraine and the Czech Republic. Representing the team included Svetlana Zilepukina and Valery Goncharov from Ukraine and rhythmic gymnast Andrea Sebestova (Czech Republic).

The USA trio of John Roethlisberger (Minneapolis, Minn.), Kerri Strug (Tucson, Ariz.) and Jessica Davis (San Anselmo, Calif.) took fourth place.

AMERICAN TEAM (FROM L TO R): KERRI STRUG, JESSICA DAVIS, JOHN ROETHLISBERGER

SVETLANA BOGINSKAYA

YURIY GONCHAROV

MAY/JUNE 1996

ROUND 3

1. Svetlana Bogdanova Andrei Kim	131	10	5,375	\$7,400
2. Espinola Freitas	132	10	5,300	
3. Shanna Shennette Dany Lussat Carole Huetten	133	10	5,275	\$6,400
4. Svetlana Shalagina Sibyl Lindgren Andria Salazar	134	10	5,250	\$6,300

Each gymnast in the winning trio earned \$500, each gymnast in the second place trio earned \$250, and each gymnast in the third place trio earned \$100.

ROUND 2

1. Svetlana Bogdanova Andrei Kim	108	10	9,750	\$9,625
2. Svetlana Shalagina Sibyl Lindgren Andria Salazar	109	10	9,675	\$9,550
3. Shanna Shennette Dany Lussat Carole Huetten	110	10	9,650	\$9,525
4. Dany Shag John Perichthorpe James Bush	111	10	9,625	\$9,499
5. John Lindgren Cheryl Korte Anne Vance	112	10	9,600	\$9,475
6. Andria Salazar John Lynch Jani Rly	113	10	9,575	\$9,449
7. Anne Anne Bush John Lynch John Lynch	114	10	9,550	\$9,425
8. Alexandra Salazar John Lynch Alexandra Salazar	115	10	9,525	\$9,400

ROUND 1

1. Dany Shag John Perichthorpe	151	10	9,800	\$9,600
2. Alexandra Salazar John Lynch	152	10	9,775	\$9,575
3. Anne Anne Bush John Lynch	153	10	9,750	\$9,550
4. Shanna Shennette Dany Lussat	154	10	9,725	\$9,525
5. Svetlana Bogdanova Andria Salazar	155	10	9,700	\$9,500
6. John Lynch Dany Lussat	156	10	9,675	\$9,475
7. Anne Anne Bush Dany Lussat	157	10	9,650	\$9,450
8. Svetlana Shalagina Sibyl Lindgren	158	10	9,625	\$9,425
9. Anne Anne Bush Dany Lussat	159	10	9,600	\$9,400
10. Anne Anne Bush Dany Lussat	160	10	9,575	\$9,375
11. Anne Anne Bush Dany Lussat	161	10	9,550	\$9,350
12. Anne Anne Bush Dany Lussat	162	10	9,525	\$9,325
13. Anne Anne Bush Dany Lussat	163	10	9,500	\$9,300
14. Anne Anne Bush Dany Lussat	164	10	9,475	\$9,275
15. Anne Anne Bush Dany Lussat	165	10	9,450	\$9,250
16. Anne Anne Bush Dany Lussat	166	10	9,425	\$9,225
17. Anne Anne Bush Dany Lussat	167	10	9,400	\$9,200
18. Anne Anne Bush Dany Lussat	168	10	9,375	\$9,175
19. Anne Anne Bush Dany Lussat	169	10	9,350	\$9,150
20. Anne Anne Bush Dany Lussat	170	10	9,325	\$9,125
21. Anne Anne Bush Dany Lussat	171	10	9,300	\$9,100
22. Anne Anne Bush Dany Lussat	172	10	9,275	\$9,075
23. Anne Anne Bush Dany Lussat	173	10	9,250	\$9,050
24. Anne Anne Bush Dany Lussat	174	10	9,225	\$9,025
25. Anne Anne Bush Dany Lussat	175	10	9,200	\$9,000
26. Anne Anne Bush Dany Lussat	176	10	9,175	\$8,975
27. Anne Anne Bush Dany Lussat	177	10	9,150	\$8,950
28. Anne Anne Bush Dany Lussat	178	10	9,125	\$8,925
29. Anne Anne Bush Dany Lussat	179	10	9,100	\$8,900
30. Anne Anne Bush Dany Lussat	180	10	9,075	\$8,875
31. Anne Anne Bush Dany Lussat	181	10	9,050	\$8,850
32. Anne Anne Bush Dany Lussat	182	10	9,025	\$8,825
33. Anne Anne Bush Dany Lussat	183	10	9,000	\$8,800
34. Anne Anne Bush Dany Lussat	184	10	8,975	\$8,775
35. Anne Anne Bush Dany Lussat	185	10	8,950	\$8,750
36. Anne Anne Bush Dany Lussat	186	10	8,925	\$8,725
37. Anne Anne Bush Dany Lussat	187	10	8,900	\$8,700
38. Anne Anne Bush Dany Lussat	188	10	8,875	\$8,675
39. Anne Anne Bush Dany Lussat	189	10	8,850	\$8,650
40. Anne Anne Bush Dany Lussat	190	10	8,825	\$8,625
41. Anne Anne Bush Dany Lussat	191	10	8,800	\$8,600
42. Anne Anne Bush Dany Lussat	192	10	8,775	\$8,575
43. Anne Anne Bush Dany Lussat	193	10	8,750	\$8,550
44. Anne Anne Bush Dany Lussat	194	10	8,725	\$8,525
45. Anne Anne Bush Dany Lussat	195	10	8,700	\$8,500
46. Anne Anne Bush Dany Lussat	196	10	8,675	\$8,475
47. Anne Anne Bush Dany Lussat	197	10	8,650	\$8,450
48. Anne Anne Bush Dany Lussat	198	10	8,625	\$8,425
49. Anne Anne Bush Dany Lussat	199	10	8,600	\$8,400
50. Anne Anne Bush Dany Lussat	200	10	8,575	\$8,375

TRINITY TUCKER

When asked how it felt not to advance to the final round, Strug said, "I was a little disappointed but I did my job. This event is a fun event so it's ok."

The other USA trio of Joir Lynch (Washington, D.C.), Andree Pickens (Houston, Texas), and Lauri Rly (Virginia Beach, Va.) took sixth.

lynch said, "I could have used a D dismount on parallel bars, instead I went for the E dismount in order to upgrade my routines for Atlanta." Lynch fell on the dismount landing on parallel bars.

ARMED WITH A TEAM OF 10-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100-101-102-103-104-105-106-107-108-109-110-111-112-113-114-115-116-117-118-119-120-121-122-123-124-125-126-127-128-129-130-131-132-133-134-135-136-137-138-139-140-141-142-143-144-145-146-147-148-149-150-151-152-153-154-155-156-157-158-159-160-161-162-163-164-165-166-167-168-169-170-171-172-173-174-175-176-177-178-179-180-181-182-183-184-185-186-187-188-189-190-191-192-193-194-195-196-197-198-199-200-201-202-203-204-205-206-207-208-209-210-211-212-213-214-215-216-217-218-219-220-221-222-223-224-225-226-227-228-229-230-231-232-233-234-235-236-237-238-239-240-241-242-243-244-245-246-247-248-249-250-251-252-253-254-255-256-257-258-259-260-261-262-263-264-265-266-267-268-269-270-271-272-273-274-275-276-277-278-279-280-281-282-283-284-285-286-287-288-289-290-291-292-293-294-295-296-297-298-299-300-301-302-303-304-305-306-307-308-309-310-311-312-313-314-315-316-317-318-319-320-321-322-323-324-325-326-327-328-329-330-331-332-333-334-335-336-337-338-339-340-341-342-343-344-345-346-347-348-349-350-351-352-353-354-355-356-357-358-359-360-361-362-363-364-365-366-367-368-369-370-371-372-373-374-375-376-377-378-379-380-381-382-383-384-385-386-387-388-389-390-391-392-393-394-395-396-397-398-399-400-401-402-403-404-405-406-407-408-409-410-411-412-413-414-415-416-417-418-419-420-421-422-423-424-425-426-427-428-429-430-431-432-433-434-435-436-437-438-439-440-441-442-443-444-445-446-447-448-449-450-451-452-453-454-455-456-457-458-459-460-461-462-463-464-465-466-467-468-469-470-471-472-473-474-475-476-477-478-479-480-481-482-483-484-485-486-487-488-489-490-491-492-493-494-495-496-497-498-499-500-501-502-503-504-505-506-507-508-509-510-511-512-513-514-515-516-517-518-519-520-521-522-523-524-525-526-527-528-529-530-531-532-533-534-535-536-537-538-539-540-541-542-543-544-545-546-547-548-549-550-551-552-553-554-555-556-557-558-559-560-561-562-563-564-565-566-567-568-569-570-571-572-573-574-575-576-577-578-579-580-581-582-583-584-585-586-587-588-589-590-591-592-593-594-595-596-597-598-599-600-601-602-603-604-605-606-607-608-609-610-611-612-613-614-615-616-617-618-619-620-621-622-623-624-625-626-627-628-629-630-631-632-633-634-635-636-637-638-639-640-641-642-643-644-645-646-647-648-649-650-651-652-653-654-655-656-657-658-659-660-661-662-663-664-665-666-667-668-669-670-671-672-673-674-675-676-677-678-679-680-681-682-683-684-685-686-687-688-689-690-691-692-693-694-695-696-697-698-699-700-701-702-703-704-705-706-707-708-709-710-711-712-713-714-715-716-717-718-719-720-721-722-723-724-725-726-727-728-729-730-731-732-733-734-735-736-737-738-739-740-741-742-743-744-745-746-747-748-749-750-751-752-753-754-755-756-757-758-759-760-761-762-763-764-765-766-767-768-769-770-771-772-773-774-775-776-777-778-779-780-781-782-783-784-785-786-787-788-789-790-791-792-793-794-795-796-797-798-799-800-801-802-803-804-805-806-807-808-809-810-811-812-813-814-815-816-817-818-819-820-821-822-823-824-825-826-827-828-829-830-831-832-833-834-835-836-837-838-839-840-841-842-843-844-845-846-847-848-849-850-851-852-853-854-855-856-857-858-859-860-861-862-863-864-865-866-867-868-869-870-871-872-873-874-875-876-877-878-879-880-881-882-883-884-885-886-887-888-889-890-891-892-893-894-895-896-897-898-899-900-901-902-903-904-905-906-907-908-909-910-911-912-913-914-915-916-917-918-919-920-921-922-923-924-925-926-927-928-929-930-931-932-933-934-935-936-937-938-939-940-941-942-943-944-945-946-947-948-949-950-951-952-953-954-955-956-957-958-959-960-961-962-963-964-965-966-967-968-969-970-971-972-973-974-975-976-977-978-979-980-981-982-983-984-985-986-987-988-989-990-991-992-993-994-995-996-997-998-999-1000-1001-1002-1003-1004-1005-1006-1007-1008-1009-1010-1011-1012-1013-1014-1015-1016-1017-1018-1019-1020-1021-1022-1023-1024-1025-1026-1027-1028-1029-1030-1031-1032-1033-1034-1035-1036-1037-1038-1039-1040-1041-1042-1043-1044-1045-1046-1047-1048-1049-1050-1051-1052-1053-1054-1055-1056-1057-1058-1059-1060-1061-1062-1063-1064-1065-1066-1067-1068-1069-1070-1071-1072-1073-1074-1075-1076-1077-1078-1079-1080-1081-1082-1083-1084-1085-1086-1087-1088-1089-1090-1091-1092-1093-1094-1095-1096-1097-1098-1099-1100-1101-1102-1103-1104-1105-1106-1107-1108-1109-1110-1111-1112-1113-1114-1115-1116-1117-1118-1119-1120-1121-1122-1123-1124-1125-1126-1127-1128-1129-1130-1131-1132-1133-1134-1135-1136-1137-1138-1139-1140-1141-1142-1143-1144-1145-1146-1147-1148-1149-1150-1151-1152-1153-1154-1155-1156-1157-1158-1159-1160-1161-1162-1163-1164-1165-1166-1167-1168-1169-1170-1171-1172-1173-1174-1175-1176-1177-1178-1179-1180-1181-1182-1183-1184-1185-1186-1187-1188-1189-1190-1191-1192-1193-1194-1195-1196-1197-1198-1199-1200-1201-1202-1203-1204-1205-1206-1207-1208-1209-1210-1211-1212-1213-1214-1215-1216-1217-1218-1219-1220-1221-1222-1223-1224-1225-1226-1227-1228-1229-1230-1231-1232-1233-1234-1235-1236-1237-1238-1239-1240-1241-1242-1243-1244-1245-1246-1247-1248-1249-1250-1251-1252-1253-1254-1255-1256-1257-1258-1259-1260-1261-1262-1263-1264-1265-1266-1267-1268-1269-1270-1271-1272-1273-1274-1275-1276-1277-1278-1279-1280-1281-1282-1283-1284-1285-1286-1287-1288-1289-1290-1291-1292-1293-1294-1295-1296-1297-1298-1299-1300-1301-1302-1303-1304-1305-1306-1307-1308-1309-1310-1311-1312-1313-1314-1315-1316-1317-1318-1319-1320-1321-1322-1323-1324-1325-1326-1327-1328-1329-1330-1331-1332-1333-1334-1335-1336-1337-1338-1339-1340-1341-1342-1343-1344-1345-1346-1347-1348-1349-1350-1351-1352-1353-1354-1355-1356-1357-1358-1359-1360-1361-1362-1363-1364-1365-1366-1367-1368-1369-1370-1371-1372-1373-1374-1375-1376-1377-1378-1379-1380-1381-1382-1383-1384-1385-1386-1387-1388-1389-1390-1391-1392-1393-1394-1395-1396-1397-1398-1399-1400-1401-1402-1403-1404-1405-1406-1407-1408-1409-1410-1411-1412-1413-1414-1415-1416-1417-1418-1419-1420-1421-1422-1423-1424-1425-1426-1427-1428-1429-1430-1431-1432-1433-1434-1435-1436-1437-1438-1439-1440-1441-1442-1443-1444-1445-1446-1447-1448-1449-1450-1451-1452-1453-1454-1455-1456-1457-1458-1459-1460-1461-1462-1463-1464-1465-1466-1467-1468-1469-1470-1471-1472-1473-1474-1475-1476-1477-1478-1479-1480-1481-1482-1483-1484-1485-1486-1487-1488-1489-1490-1491-1492-1493-1494-1495-1496-1497-1498-1499-1500-1501-1502-1503-1504-1505-1506-1507-1508-1509-1510-1511-1512-1513-1514-1515-1516-1517-1518-1519-1520-1521-1522-1523-1524-1525-1526-1527-1528-1529-1530-1531-1532-1533-1534-1535-1536-1537-1538-1539-1540-1541-1542-1543-1544-1545-1546-1547-1548-1549-1550-1551-1552-1553-1554-1555-1556-1557-1558-1559-1560-1561-1562-1563-1564-1565-1566-1567-1568-1569-1570-1571-1572-1573-1574-1575-1576-1577-1578-1579-1580-1581-1582-1583-1584-1585-1586-1587-1588-1589-1590-1591-1592-1593-1594-1595-1596-1597-1598-1599-1600-1601-1602-1603-1604-1605-1606-1607-1608-1609-1610-1611-1612-1613-1614-1615-1616-1617-1618-1619-1620-1621-1622-1623-1624-1625-1626-1627-1628-1629-1630-1631-1632-1633-1634-1635-1636-1637-1638-1639-1640-1641-1642-1643-1644-1645-1646-1647-1648-1649-1650-1651-1652-1653-1654-1655-1656-1657-1658-1659-1660-1661-1662-1663-1664-1665-1666-1667-1668-1669-1670-1671-1672-1673-1674-1675-1676-1677-1678-1679-1680-1681-1682-1683-1684-1685-1686-1687-1688-1689-1690-1691-1692-1693-1694-1695-1696-1697-1698-1699-1700-1701-1702-1703-1704-1705-1706-1707-1708-1709-1710-1711-1712-1713-1714-1715-1716-1717-1718-1719-1720-1721-1722-1723-1724-1725-1726-1727-1728-1729-1730-1731-1732-1733-1734-1735-1736-1737-1738-1739-1740-1741-1742-1743-1744-1745-1746-1747-1748-1749-1750-1751-1752-1753-1754-1755-1756-1757-1758-1759-1760-1761-1762-1763-1764-1765-1766-1767-1768-1769-1770-1771-1772-1773-1774-1775-1776-1777-1778-1779-1780-1781-1782-1783-1784-1785-1786-1787-1788-1789-1790-1791-1792-1793-1794-1795-1796-1797-1798-1799-1800-1801-1802-1803-1804-1805-1806-1807-1808-1809-1810-1811-1812-1813-1814-1815-1816-1817-1818-1819-1820-1821-1822-1823-1824-1825-1826-1827-1828-1829-1830-1831-1832-1833-1834-1835-1836-1837-1838-1839-1840-1841-1842-1843-1844

Budget

GYMNASTICS
INVITATIONAL
USA VS. FRANCE

USA team stars L. de C. Amanda Bredie, Abbie Ingram, Jennie Phelps and Jennie Thompson.

Jennie Phelps scored the second highest point on beam, 9.782, behind teammate Amanda Bredie with a 9.772.

Steve Austin led the third highest score on pommel horse with a 9.825.

Amanda Bredie spent much time in the 1985 Pan American Games.

USA DEFEATS FRANCE

By Kris Parker

Strong performances by both the men and women in the Budget Rent a Car Gymnastics Invitational at the Miami Arena helped Team USA win the title over France in a modified team competition on April 6.

The women's team included Amanda Borden, Jaycie Phelps, Jennie Thompson, and Alicia Ingram. The men's team was comprised of John Roethlisberger, Rip Simon, Michael Bogus, Jarrod Hoskins, Drew Durbin, and Jeff LeVelle.

Three members of each team competed on floor, pommel horse, rings, parallel bars and high bar for the men and three members of each team competed on bars, beam and floor for women. The men's and women's scores were added together to determine the team champions. The USA scored 227.333 to France's 224.198.



France's Jaycie Phelps led the first highest score in team with a 9.775.

"The Budget from a Car Gymnastics Invitational was a great event for Jaycie and I," said Borden. "We've both been injured for a while and this was a great opportunity to let everyone know that we're still out here."

Although every routine performed by the women's team was a hit, Steve Nunnos gave a lot of the credit to the men's team claiming, "their strong base helped the team a tremendous amount due to the little mistakes the women made."

Despite Roethlisberger falling off and scratching high bar, the men turned out great performances. Peter Kormanos, the 1994 Men's Olympic Team coach stated, "All of the men competed at least one new routine increasing the difficulty in preparation for the Olympic Games." He commented on Bogus's high bar routine saying, "If he performs like he did tonight, he will medal at the Olympics."



Rip Simon was the top scoring gymnast on rings with a 9.65.

Mark Sabin, pommel horse specialist, and Chris LaMorte, still rings specialist, performed after the competition in preparation for the World Championships. LaMorte was the NCAA rings champion in 1992 and 1993 and Sabin is only the second gymnast in NCAA history to win pommel horse consecutive years for four consecutive years at the NCAA Championships.

Michael Bogus scored a 9.60 on pommel horse, the second highest score in that event.



With team from U.S. and from French Championships, Jeff LeVelle, John Roethlisberger, Jarrod Hoskins, Rip Simon and Alicia Ingram.



Budget Rent a Car Gymnastics Invitational Results

In her first international competition in over a year, Jennie Thompson showed that she's back!

Jeff LaVallee was the crowd favorite as he flew with a 9.85, just behind France's Thierry Agnès.

"Individual medals were not awarded"

The USA and France teams shook hands and thanked one another for a great competition.

Russia's Sebastian Dorigo had problems on pommel horse and scored an 8.450.

Women

Sharon Day	
Joyce Phelps	USA 9.025
Isabelle Severino	FRN 9.750
Amanda Burden	USA 9.337
Jennie Thompson	USA 9.637
Laetitia Began	FRN 9.325
Thérèse Tera	FRN 9.137

Beam

Amanda Burden	USA 9.775
Joyce Phelps	USA 9.760
Laetitia Began	FRN 9.725
Jennie Thompson	USA 9.575
Isabelle Severino	FRN 9.537
Thérèse Tera	FRN 9.000

Floor

Laetitia Began	FRN 9.837
Laetitia Began	FRN 9.800
Thérèse Tera	FRN 9.737
Jennie Thompson	USA 9.667
Amanda Burden	USA 9.512
Alvin Ingram	USA 9.425

Men

Thierry Agnès	FRN 9.450
Jeff LaVallee	USA 9.400
John Kretschmeyer	USA 9.350
Sebastian Teyss	FRN 9.200
Jacky Leguin	FRN 9.100
James Hanks	USA 9.050

Pommel Horse

Eric Puigade	FRN 9.750
Michel Begis	USA 9.650
Steve Burke	USA 9.625
Sebastian Teyss	USA 9.350
John Kretschmeyer	USA 9.000
Sebastian Dorigo	FRN 8.850

Still Rings

Rig Stansen	USA 9.600
John Kretschmeyer	USA 9.500
James Hanks	USA 9.350
Sebastian Teyss	FRN 9.300
Sebastian Dorigo	FRN 9.125
Jacky Leguin	FRN 9.050

Parallel Bars

John Kretschmeyer	USA 9.500
Eric Puigade	FRN 9.500
Thierry Agnès	FRN 9.400
Steve Burke	USA 9.350
Jeff LaVallee	USA 9.150
Sebastian Dorigo	FRN 8.400

High Bar

Michel Begis	USA 9.700
Eric Puigade	FRN 9.675
Thierry Agnès	FRN 9.450
Rig Stansen	USA 9.425
Jeff LaVallee	USA 9.350
Sebastian Teyss	FRN 9.150

USA	FRN	W FL	M FL	FRN	USA	FRN	USA	AA
28.019	28.073	28.209	27.500	28.375	28.420	28.800	28.500	237.335
(USA 28.412)	(FRN 27.492)	(FRN 28.419)	(FRN 27.750)	(FRN 27.810)	(FRN 27.940)	(FRN 27.300)	(FRN 28.050)	(234.718)

MCDONALD'S AMERICAN CUP

WOMEN'S PRELIMINARY RESULTS

RANK	NAME	VT	UB	BB	AA
1	Teri Gray	1.05	1.15	1.15	1.25
2	Sharon Davidson	1.05	1.20	1.20	1.30
3	Debbie Davidson	1.10	1.20	1.25	1.30
4	Janice Jones	1.10	1.25	1.25	1.35
5	Angela	1.10	1.30	1.30	1.35
6	Teri Lee	1.10	1.30	1.35	1.40
7	Debbie Johnson	1.10	1.35	1.35	1.40
8	Janice Jones	1.10	1.35	1.35	1.40
9	Teri Lee	1.10	1.35	1.35	1.40
10	Debbie Johnson	1.10	1.35	1.35	1.40
11	Teri Lee	1.10	1.35	1.35	1.40
12	Debbie Johnson	1.10	1.35	1.35	1.40
13	Teri Lee	1.10	1.35	1.35	1.40
14	Debbie Johnson	1.10	1.35	1.35	1.40
15	Teri Lee	1.10	1.35	1.35	1.40
16	Debbie Johnson	1.10	1.35	1.35	1.40
17	Teri Lee	1.10	1.35	1.35	1.40
18	Debbie Johnson	1.10	1.35	1.35	1.40
19	Teri Lee	1.10	1.35	1.35	1.40
20	Debbie Johnson	1.10	1.35	1.35	1.40

WOMEN'S FINAL RESULTS

RANK	NAME	VT	UB	BB	AA
1	Teri Gray	1.05	1.15	1.15	1.25
2	Sharon Davidson	1.05	1.20	1.20	1.30
3	Debbie Davidson	1.10	1.20	1.25	1.30
4	Janice Jones	1.10	1.25	1.25	1.35
5	Angela	1.10	1.30	1.30	1.35
6	Teri Lee	1.10	1.30	1.35	1.40
7	Debbie Johnson	1.10	1.35	1.35	1.40
8	Janice Jones	1.10	1.35	1.35	1.40
9	Teri Lee	1.10	1.35	1.35	1.40
10	Debbie Johnson	1.10	1.35	1.35	1.40
11	Teri Lee	1.10	1.35	1.35	1.40
12	Debbie Johnson	1.10	1.35	1.35	1.40
13	Teri Lee	1.10	1.35	1.35	1.40
14	Debbie Johnson	1.10	1.35	1.35	1.40
15	Teri Lee	1.10	1.35	1.35	1.40
16	Debbie Johnson	1.10	1.35	1.35	1.40
17	Teri Lee	1.10	1.35	1.35	1.40
18	Debbie Johnson	1.10	1.35	1.35	1.40
19	Teri Lee	1.10	1.35	1.35	1.40
20	Debbie Johnson	1.10	1.35	1.35	1.40

WOMEN'S FINAL RESULTS

RANK	NAME	VT	UB	BB	AA
1	Teri Gray	1.05	1.15	1.15	1.25
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4	Janice Jones	1.10	1.25	1.25	1.35
5	Angela	1.10	1.30	1.30	1.35
6	Teri Lee	1.10	1.30	1.35	1.40
7	Debbie Johnson	1.10	1.35	1.35	1.40
8	Janice Jones	1.10	1.35	1.35	1.40
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10	Debbie Johnson	1.10	1.35	1.35	1.40
11	Teri Lee	1.10	1.35	1.35	1.40
12	Debbie Johnson	1.10	1.35	1.35	1.40
13	Teri Lee	1.10	1.35	1.35	1.40
14	Debbie Johnson	1.10	1.35	1.35	1.40
15	Teri Lee	1.10	1.35	1.35	1.40
16	Debbie Johnson	1.10	1.35	1.35	1.40
17	Teri Lee	1.10	1.35	1.35	1.40
18	Debbie Johnson	1.10	1.35	1.35	1.40
19	Teri Lee	1.10	1.35	1.35	1.40
20	Debbie Johnson	1.10	1.35	1.35	1.40

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RANK	NAME	VT	UB	BB	AA
1	Teri Gray	1.05	1.15	1.15	1.25
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10	Debbie Johnson	1.10	1.35	1.35	1.40
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12	Debbie Johnson	1.10	1.35	1.35	1.40
13	Teri Lee	1.10	1.35	1.35	1.40
14	Debbie Johnson	1.10	1.35	1.35	1.40
15	Teri Lee	1.10	1.35	1.35	1.40
16	Debbie Johnson	1.10	1.35	1.35	1.40
17	Teri Lee	1.10	1.35	1.35	1.40
18	Debbie Johnson	1.10	1.35	1.35	1.40
19	Teri Lee	1.10	1.35	1.35	1.40
20	Debbie Johnson	1.10	1.35	1.35	1.40

PRIZE MONEY

1st Place Overall	\$ 5,000
2nd Place Overall	\$ 2,000
3rd Place Overall	\$ 1,000
4th Place Overall	\$ 500
5th Place Overall	\$ 250
6th Place Overall	\$ 125
7th Place Overall	\$ 62.50
8th Place Overall	\$ 31.25
9th Place Overall	\$ 15.62
10th Place Overall	\$ 7.81
11th Place Overall	\$ 3.90

More than 100 and 1000 athletes are participating in this 10th Olympic Games, which will be the year 2000.

Photo by: Andrew Palmer



AUSTRALIAN CHAMPIONSHIPS

Junior rhythmic athletes Kasey Scharringhausen and Teri McCargo along with their coaches Martina Davidson and Christine Angelova made the trip to Sydney, Australia, March 13-17, for the 1994 Australian Championships.

This was Scharringhausen's first international event and McCargo's second. The Australian athletes in the competition competed five events. The U.S. athletes, following the FIG format, competed four events—rope, hoop, club and ribbon.

When the same event scores (rope, hoop, club and ribbon) were compared with the U.S. athletes, Scharringhausen took third with a 33.70 and McCargo took fifth with a 33.55.

Scharringhausen made all four event finals and McCargo made three. Although neither made it on an event they did an outstanding job at the Australian Championships, where they gained valuable

international experience in the side of the 2000 Olympic Games for rhythmic gymnastics.

Right from left to right:
Christine Angelova,
Kasey Scharringhausen,
Teri McCargo,
Martina Davidson



GYMNASTICS RESULTS

TROPHÉE MASSILIA

By Kristee Aegsperger

Gymnasts Alicia Ingram, Theresa Kulikowski, Rose Medatia and Elizabeth Reid represented the U.S. at the Trophée Massilia in Marseille, France, on December 2-3, 1993. Coaches Tom Farber, Rick Newman and Delia Wolk made the trip along with judge Pam Blalock.

In the team competition, the U.S. finished in sixth with a score of 73.825.

In the all-around competition, Kulikowski was the top U.S. competitor finishing 12th. Ingram placed 15th and Medatia was 21st.

In the event final, a U.S. gymnast placed in the top 10 in three of the four events. Kulikowski placed sixth on bars and 10th on floor. Ingram placed seventh on beam.

TEAM SCORES

1. Russia	124.125
2. Japan	121.125
3. Ukraine	116.250
4. USA	112.875

ALL-AROUND

1. Liang Huihong	CHN	29.800
2. Ben Goggin	GBR	29.550
3. Cecilia Costigan	ITA	28.775
12. Theresa Kulikowski	USA	27.100
15. Alicia Ingram	USA	26.725
21. Rose Medatia	USA	23.900

VAULT

1. Andriana Iordanidis	GRC	9.900
2. Larissa Mikhalina	UKR	9.825
3. Ben Goggin	GBR	9.675

BAR

1. Larissa Mikhalina	UKR	9.650
2. Ben Goggin	GBR	9.650
3. Ben Goggin	GBR	9.500
6. Theresa Kulikowski	USA	9.350

BEAM

1. Larissa Mikhalina	UKR	9.775
2. Ben Goggin	GBR	9.525
3. Cecilia Costigan	ITA	9.500
7. Alicia Ingram	USA	9.125

FLOOR

1. Ben Goggin	GBR	9.600
2. Larissa Mikhalina	UKR	9.550
3. Larissa Mikhalina	UKR	9.575
15. Theresa Kulikowski	USA	9.375

CITY OF POPES JAMIE DANTZSCHER WINS TITLE

By Kristi Kreth, Judge and Delegation Leader

The U.S. sent a strong junior women's delegation to the 1993 City of Popes Competition in Avignon, France, March 21-24.

Charter Oak Glider's Jamie Dantzscher took first place with a score of 38.438. Dantzscher is only the second U.S. gymnast to win the City of Popes Competition; the first was Kim Zmeskal in 1989.

Cypress Academy's Kinsey Rowe earned sixth all-around with a 37.275. Charter Oak Glider's Vanessa Adler took sixth with a 37.150.

Dantzscher took second on vault using a Yurchenko 1/2 layout and a piked Tsukahara for an average score of 9.469.

Dantzscher nailed a double twisting double back dismount for a 9.725 and the gold medal on bars. Adler earned the silver medal on bars with a 9.675 using a clean routine with two flares and a double layout with a full twist dismount.

Both Dantzscher and Rowe fell on beam placing fourth and fifth, respectively.

Dantzscher hit an floor using a double Arabian, front full punch front, and triple twist to score a 9.700 and earn the silver medal. Adler took fifth on floor with a score of 9.387.

In addition to the U.S. other countries competing included Austria, Bulgaria, Canada, France, Germany, Great Britain, Holland, Hungary, Italy, Romania, Spain, and Sweden.

NAME:
CLUB:
COACH:
HOMETOWN:
BIRTH DATE:

Vanessa Adler
Glider's
Beth & Steve Ryback
Canyon Country, Calif.
February 17, 1982

NAME:
CLUB:
COACH:
HOMETOWN:
BIRTH DATE:

Jamie Dantzscher
Glider's
Beth & Steve Ryback
Palmdale, Calif.
May 2, 1982

NAME:
CLUB:
COACH:

Kinsey Rowe
Cypress
Debbie Katschuck
and Deana Parish
Houston, Texas
April 22, 1982

HOMETOWN:
BIRTH DATE:



HUNGARIAN INTERNATIONAL GYMNASTICS CHAMPIONSHIPS

By Cecilia Boege, Judge and Delegation Leader

Junior athletes Alissa Brian and Kristen Study along with their coaches Deana and Jim Walker and James Chudy traveled to Budapest, Hungary, March 23-24, for the Hungarian International Gymnastics Championships.

In the all-around competition, both Brian and Study hit four out of four routines. Brian scored 28.05 for fifth all-around and Study scored 37.912 for sixth all-around. The average age of competitors in the competition was 17 years old, much older than Brian, 13, and Study, 14.

During event final Brian scored a 9.375 on vault for 10th while Study scored 9.287 for 12th. On bars, Brian tied for fourth with a 9.625 and Study took seventh with a 9.55. Study tied for sixth on beam with a 9.30 and Brian took ninth with a 9.45. Brian tied for sixth on floor with a 9.60 and Study tied for eighth with a 9.575.

KALAMATA CUP

KALAMATA, GREECE
MARCH 16-17

The USA's Jessica Davis, from Gymnastics Pacific, took 16th all-around in the Kalamata Cup in Kalamata, Greece, March 16-17. She scored 9.35 for her floor routine, 9.15 for ball, 9.55 for clubs, and a 9.225 for her ribbon routine to total 36.975. Natalia Lacuente from Rhythmic Clubs finished 30th with scores of 9.30 rope, 8.35 ball, 9.10 clubs and 8.95 ribbon for a total of 35.60.

Ukraine's Olga Vitschenko won the competition with a 39.625 followed by Russia's Arina Zoripava with 39.375 and Bulgaria's Diana Popova with a 39.550.



Jessica Davis

JESSICA DAVIS: JACQUES LACROIX



Kristin Bruch



Alexis Brion

ALL-AROUND RESULTS

1	Suzanne Jonsson	USA	38.715
2	Martha Tapscott	USA	38.700
3	Adrienne Papp	USA	38.175
4	Lyndee Stannett	USA	38.175
5	Minako Ito	USA	38.050
6	Kristen Stucky	USA	37.915
7	Ali Fox	USA	37.457
8	Colleen Lewis	USA	37.500
9	Adrienne Tontorelli	USA	37.462
10	Ellie Balogh	USA	37.150
11	Zsuzsanna Horvath	USA	37.115
12	Ellen Messinger	USA	37.175
13	Anna Mavroukova	USA	37.085
14	Rachel Rossi	AUT	37.000
15	Ellie Simpson	USA	36.827

ALEXIS BRION

BIRTH DATE: November 18, 1982
HOMETOWN: Virginia Beach, Virginia
CLUB: Gymnastics Olympics
COACHES: Jim Walker and Dennis Baker
SCHOOL: Salem Middle School
GRADE: 7th
FAVORITE EVENT: Floor

KRISTEN STUCKY

BIRTH DATE: February 27, 1983
HOMETOWN: Milwaukee, Wisconsin
CLUB: Solto Gymnastics
COACH: Jim Chudy
SCHOOL: Our Redeemer Lutheran
GRADE: 8th
FAVORITE EVENT: Beam



AMERICAN CLASSIC TULSA, OKLA.. FEBRUARY 9-11

JUNIOR NATIONALS

1	Marie Lynn	Decorah High School	70.940
2	Whitney Caldwell	Deerfield	70.820
3	Josephine Clark	Deerfield	70.800
4	Caroline Palmer	Grapple Hall	69.950
5	Sarah McQuinn	Portland	69.910
6	Joanna Ellis	Page School	69.682
7	Kristen Stucky	Deerfield	69.511
8	Terri Harris	Deerfield	69.425
9	Kimberly Lane	Deerfield	67.150
10	Kimberly Conroy	Mc Coy, all Schools	67.040
11	Mary Baker	Indy School	66.850
12	Nicole Brown	Portland	62.380
13	Leslie Cooper	Springfield	62.040

Completed National Elite Rating and Optional.

SENIOR NATIONALS

1	Mary Ann Popova	USA	36.850
2	Leslie Ballard	Massachusetts	36.820
3	Joanna Ellis	North Dakota	35.850
4	Michelle Lewis	Indiana	35.750
5	Debra Fowler	Illinois	35.222
6	Amy Long	Illinois	35.021
7	Joanna Conwell	Lehigh Valley	34.872
8	Ellen Anderson	North Dakota	34.821
9	Talita Hines	USA	34.800
10	Leslie Ballard	Page School	34.650
11	Joanna Ellis	North Dakota	34.250
12	Talita Hines	Illinois	34.021
13	Linda Brown	Illinois	33.721
14	Michelle Ballard	Deerfield	33.700

Completed Optional only.

rising stars

PEACHTREE INVITATIONAL

JUNIOR DIVISION AGES 12 THRU 14

1. J. Thompson	Gymnastics	20.925
2. A. Ingram	Gymnastics	20.525
3. M. Kim	Gymnastics	20.100
4. S. McChap	Gymnastics	20.075
5. J. Pitt	Gymnastics	20.000
6. A. Davis	Gymnastics	20.075
7. K. Davis	Gymnastics	20.000
8. M. Bellus	Gymnastics	20.000
9. J. Sloan	Gymnastics	20.075
10. C. Webb	Gymnastics	20.000
11. S. Baker	Gymnastics	20.000
12. M. Melendez	Gymnastics	20.000
13. E. Caruso	Gymnastics	20.000
14. L. Kim	Gymnastics	20.000
15. C. Ingram	Gymnastics	20.000
16. M. Webb	Gymnastics	20.000
17. C. Davis	Gymnastics	20.000
18. B. Stracher	Of. Aerobics	20.000
19. A. Taylor	Team Gymnastics	20.000
20. L. Turner	Team Gymnastics	20.000
21. A. Taylor	At. School	20.000
22. B. Gosses	Of. Aerobics	20.000
23. A. Newell	Gymnastics	20.000
24. M. Gosses	Team Gymnastics	20.000
25. J. Alvarado	Team Gymnastics	20.000

SENIOR DIVISION 15 YEARS OLD AND UP

1. M. Thomas	Gymnastics	20.000
2. S. Singer	Of. Aerobics	20.000
3. M. Davis	Gymnastics	20.000
4. M. Taylor	At. School	20.000
5. J. Taylor	Team Gymnastics	20.000
6. A. Chaff	Gymnastics	20.000
7. A. Tucker	Gymnastics	20.000
8. K. Strachan	At. School	20.000
9. J. Fisher	At. School	20.000
10. T. Smith	Team Gymnastics	20.000
11. B. Gosses	Gymnastics	20.000
12. A. Chapman	Team Gymnastics	20.000
13. L. Webb	Team Gymnastics	20.000
14. A. Longwood	Gymnastics	20.000
15. L. Thompson	Of. Aerobics	20.000
16. B. Gosses	Gymnastics	20.000
17. S. Smith	Gymnastics	20.000

ARIZONA SUNRAYS GYMNASTICS SWEETHART INVITATIONAL

FEBRUARY 16, 17 & 18

OPEN

Carol Seger	Gymnastics	27.700
Joan Campbell	Swimming, Mpls., MN	27.400
Sally Hall	Swimming City, WA	27.300
Ron Young	Gymnastics	27.300

LEVEL 9

Shirley Wright	Acrobatics	26.900
Scott Feltz	Swimming-Glen	26.900
Whitney Connor	Acrobatics	26.900

LEVEL 8

Rebecca Wilson	Acrobatics	26.000
Joan Williams	Acrobatics	25.900
Brian Tilton	Acrobatics	25.900

B NOVICE

Pat Schmitt	Acrobatics	24.900
Alison Smith	Acrobatics	24.900
Ben Anderson	Acrobatics	24.900

LEVEL 6

Joshua Davis	Swimming, AZ	24.000
Joe Linn	Swimming, AZ	24.000
Gregory Bell	Swimming, AZ	24.000

LEVEL 5

Adrian Alvarado	Swimming, AZ	24.000
John Hall	Swimming, AZ	24.000
Patty Alvarado	Swimming, AZ	24.000



TEAM RESULTS OPEN SESSION

Gymnastics	100.000
Acrobatics	100.000
Swimming	100.000
Acrobatics	100.000

LEVEL 9

Acrobatics	100.000
Acrobatics	100.000
Acrobatics	100.000

LEVEL 8

Acrobatics	100.000
Acrobatics	100.000
Acrobatics	100.000

LEVEL 5 NOVICE

Acrobatics	100.000
Acrobatics	100.000
Acrobatics	100.000

LEVEL 6

Acrobatics	100.000
Acrobatics	100.000
Acrobatics	100.000

LEVEL 5

Acrobatics	100.000
Acrobatics	100.000
Acrobatics	100.000

1986 REVCO BUCKEYE CLASSIC GYMNASTICS COMPETITION

ALL-AROUND

1. Andrea Palmer	Gymnastics (Houston, TX)	20.000
2. Andrea Palmer	Gymnastics (Houston, TX)	20.000
3. Andrea Palmer	Gymnastics (Houston, TX)	20.000
4. Andrea Palmer	Gymnastics (Houston, TX)	20.000
5. Andrea Palmer	Gymnastics (Houston, TX)	20.000

VAULT

1. Andrea Palmer	Gymnastics (Houston, TX)	20.000
2. Andrea Palmer	Gymnastics (Houston, TX)	20.000
3. Andrea Palmer	Gymnastics (Houston, TX)	20.000
4. Andrea Palmer	Gymnastics (Houston, TX)	20.000
5. Andrea Palmer	Gymnastics (Houston, TX)	20.000

BAR

1. Andrea Palmer	Gymnastics (Houston, TX)	20.000
2. Andrea Palmer	Gymnastics (Houston, TX)	20.000
3. Andrea Palmer	Gymnastics (Houston, TX)	20.000
4. Andrea Palmer	Gymnastics (Houston, TX)	20.000
5. Andrea Palmer	Gymnastics (Houston, TX)	20.000

BEAM

1. Andrea Palmer	Gymnastics (Houston, TX)	20.000
2. Andrea Palmer	Gymnastics (Houston, TX)	20.000
3. Andrea Palmer	Gymnastics (Houston, TX)	20.000
4. Andrea Palmer	Gymnastics (Houston, TX)	20.000
5. Andrea Palmer	Gymnastics (Houston, TX)	20.000

FLOOR

1. Andrea Palmer	Gymnastics (Houston, TX)	20.000
2. Andrea Palmer	Gymnastics (Houston, TX)	20.000
3. Andrea Palmer	Gymnastics (Houston, TX)	20.000
4. Andrea Palmer	Gymnastics (Houston, TX)	20.000
5. Andrea Palmer	Gymnastics (Houston, TX)	20.000



11TH ANNUAL GTC CLASSIC CUP

THE CYMESTER TRAINING CENTER OF ROCHESTER

FEBRUARY 10-11, 1996

LEVEL 10-ELITE

ALL AROUND CHAMPIONS

JUNIOR A

1. Christine Woodard	Gut World	\$1,000
2. Joana Miller	Warren	\$1,000

JUNIOR B

1. Tashira Friday	Gut World	\$1,000
2. Katelyn DeLombard	GTC Center	\$1,000
3. Jennifer Vogelbein	Swimming Spa	\$1,000

SENIOR A

1. Kelly Woodard	Gut World	\$1,000
2. Ashley Gray	Swimming Spa	\$1,000
3. Amanda Allen	GTC Center	\$1,000

SENIOR B

1. Jenny Coleman	Gut World	\$1,000
2. Andrea Baker	Gut World	\$1,000
3. Nicole Hill	Day Valley	\$1,000

LEVELS 9/10-ELITE

JUNIOR EVENT FINALS

1. Kim Burdick	MT Pleasant	\$1,000
2. Jennifer Vogelbein	Swimming Spa	\$1,000
3. Katelyn DeLombard	GTC Center	\$1,000
4. Jennifer Gray	Warren	\$1,000
5. Tashira Friday	Gut World	\$1,000
6. Christine Woodard	Gut World	\$1,000

UNWEYEN BARS

1. Deborah Friday	Gut World	\$1,000
2. Christine Woodard	Gut World	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Katelyn DeLombard	GTC Center	\$1,000
5. Joana Miller	Warren	\$1,000
6. Joana Miller	GTC Center	\$1,000

BALANCE BEAM

1. Joana Miller	Warren	\$1,000
2. Christine Woodard	Gut World	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Katelyn DeLombard	GTC Center	\$1,000
5. Joana Miller	Warren	\$1,000
6. Joana Miller	GTC Center	\$1,000

FLOOR EXERCISE

1. Christine Woodard	Gut World	\$1,000
2. Tashira Friday	Gut World	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Jennifer Vogelbein	Swimming Spa	\$1,000
5. Katelyn DeLombard	GTC Center	\$1,000
6. Joana Miller	Warren	\$1,000

LEVEL 9/10-ELITE

SENIOR EVENT FINALS

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

UNWEYEN BARS

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

BALANCE BEAM

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

FLOOR EXERCISE

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

LEVEL 10-ELITE TEAM

1. Gut World (Swimming Spa)	\$1,000
2. GTC Center (Swimming Spa)	\$1,000
3. Gut World (Swimming Spa)	\$1,000
4. Gut World (Swimming Spa)	\$1,000
5. Gut World (Swimming Spa)	\$1,000
6. Gut World (Swimming Spa)	\$1,000

LEVEL 9 EVENT

CHAMPIONS

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

UNWEYEN BARS

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000



Participants with their coaches and coaches with their athletes. From left to right: Christine Woodard, Joana Miller, and Kelly Hill.

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000

BALANCE BEAM

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

FLOOR EXERCISE

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

LEVEL 9/10-ELITE

SENIOR EVENT FINALS

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

UNWEYEN BARS

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

BALANCE BEAM

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

FLOOR EXERCISE

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

LEVEL 9 TEAM

1. Gut World (Swimming Spa)	\$1,000
2. GTC Center (Swimming Spa)	\$1,000
3. Gut World (Swimming Spa)	\$1,000
4. Gut World (Swimming Spa)	\$1,000
5. Gut World (Swimming Spa)	\$1,000
6. Gut World (Swimming Spa)	\$1,000

LEVEL 9 EVENT

CHAMPIONS

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000

BALANCE BEAM

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

FLOOR EXERCISE

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

LEVEL 9 TOP 3 ALL

AROUND

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

UNWEYEN BARS

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

BALANCE BEAM

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

FLOOR EXERCISE

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

LEVEL 9 TEAM

1. Gut World (Swimming Spa)	\$1,000
2. GTC Center (Swimming Spa)	\$1,000
3. Gut World (Swimming Spa)	\$1,000
4. Gut World (Swimming Spa)	\$1,000
5. Gut World (Swimming Spa)	\$1,000
6. Gut World (Swimming Spa)	\$1,000

LEVEL 9 EVENT

1. Kelly Hill	Day Valley	\$1,000
2. Kelly Hill	Day Valley	\$1,000
3. Kelly Hill	Day Valley	\$1,000
4. Kelly Hill	Day Valley	\$1,000
5. Kelly Hill	Day Valley	\$1,000
6. Kelly Hill	Day Valley	\$1,000

OPEN DIVISION/TEAM

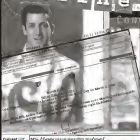
1. Gut World (Swimming Spa)	\$1,000
2. Gut World (Swimming Spa)	\$1,000
3. Gut World (Swimming Spa)	\$1,000
4. Gut World (Swimming Spa)	\$1,000
5. Gut World (Swimming Spa)	\$1,000
6. Gut World (Swimming Spa)	\$1,000

CONGRATULATIONS FROM LAST ISSUE: What first place on high bar with a score of 13.5 at the 2nd Annual Day's Valley Classic in Rochester, N.Y. Mod.

MANY DIRECTIONS: Last official season highlights from your competitors in GTC's Open Division, 10th Grade, 11th Grade, 12th Grade, 13th Grade, 14th Grade, 15th Grade, 16th Grade, 17th Grade, 18th Grade, 19th Grade, 20th Grade, 21st Grade, 22nd Grade, 23rd Grade, 24th Grade, 25th Grade, 26th Grade, 27th Grade, 28th Grade, 29th Grade, 30th Grade, 31st Grade, 32nd Grade, 33rd Grade, 34th Grade, 35th Grade, 36th Grade, 37th Grade, 38th Grade, 39th Grade, 40th Grade, 41st Grade, 42nd Grade, 43rd Grade, 44th Grade, 45th Grade, 46th Grade, 47th Grade, 48th Grade, 49th Grade, 50th Grade, 51st Grade, 52nd Grade, 53rd Grade, 54th Grade, 55th Grade, 56th Grade, 57th Grade, 58th Grade, 59th Grade, 60th Grade, 61st Grade, 62nd Grade, 63rd Grade, 64th Grade, 65th Grade, 66th Grade, 67th Grade, 68th Grade, 69th Grade, 70th Grade, 71st Grade, 72nd Grade, 73rd Grade, 74th Grade, 75th Grade, 76th Grade, 77th Grade, 78th Grade, 79th Grade, 80th Grade, 81st Grade, 82nd Grade, 83rd Grade, 84th Grade, 85th 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Forces in the gym

MICHELLE GORNA SPRING, WASHINGTON

For Michelle Gorna, from Northwest Gymnastics in Spokane, Wash., the focus is gymnastics since 1 year 8 and now 1st 9. It's such a fun and fun to be a gymnast.



TARA MAGER AURORA, COLORADO

Now, it's a first year level 5 gymnast. She trains at American Gym and is coached by Andrea Wilson. Tara has been gymnastics for three last years in her first competition season last year. Her place on there is right out of sight now. Tara is looking forward to being level 4 with her friends. Tara, who is a member and encouragement with her friends.

AUTUMN HOUSTON LAS VEGAS, NEVADA

Autumn is 10 years old. She led the team of State Gymnastics from Las Vegas to level 5 State Championships. She was the state champion in level 5 and was crowned as the state champion. She was the state champion in level 5 and was crowned as the state champion. She was the state champion in level 5 and was crowned as the state champion.



TYLER WILLIAMSON ROBERT, CALIFORNIA

Tyler is an 8-year-old level 4 gymnast. He trains at US Gymnastics in Robert, Calif. and is coached by Dan Knapman and Bob Bates. He has been level 4 for a long time. He was the state champion in level 4 and was crowned as the state champion.



CHELSEA MENNELL
NEW YORK, NEW YORK

Geoffrey J. has cerebral Palsy (CP) (National NIP). From a 5-year old device for the normal years to now, he has been finally able to compete in a hand 1.6 km event and was able to win overall with a 21.5% in the first competition among his best first attempt as far as the seven competitors the school. It's credited to Kelly Sanders and it's in the second year at Nelson Secondary School.

NELLY FONTENOT
L'ARTISTE DU MOMENT

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**LAURA
PINESOLA
FLOR. 1983**

James, 31, is a Level II generalist but carries down most from Level I in Level II and focuses on the Level II Story Completion and work of five months. James was selected to participate in the TGA program when she got invited to New York and Baltimore. James trains five hours a day, six days a week and is certified by British Columbia and Ohio State.



TIFFANY GARRETT
BRIGHT ARIZONA

Thilly, 31, started gymnastics at age 13 at the University of Tennessee in Knoxville, but she is currently a member of the Fresno Gymnastics team in Fresno, Calif. She is coached by her father, and she is the proud U.S. Olympian. Thilly was chosen by the coaches and judges as the most improved gymnast in 1995. She is currently working towards level 10 (senior) and hopes to compete in the near future.



Should you like to be included in the Future in the Open section? Send a recent photo and a paragraph of information to: USA Gymnastics, based on the Open, Box American Place, 2801 N. Central Ave., Suite 200, Indianapolis, IN 46204.

We'll select a few writers for publication in the magazine's next issue. Sorry and good luck writing today. We're all waiting for next post.

Don't Let Ankle Pain Stop You...

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Table 1

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saves time and space.

However, it doesn't make the article about full scope of article studies out there. It shows the potential to have long-term benefits and time gain in the future. It is particularly useful when learning new skills. If the program needs to control entire system, the article is first step and the **SAFARI** program is then available over the time.

The NAGARA Eye Unit is currently being used by both blind and sight gymnasts in each of the 16 states and in 2 countries. There is a 30 day money back guarantee. The gymnasts can try the support net freely for 30 days and return it for a full refund if they do not like it. (See advertisement)

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THE POWERSTRIP
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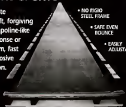
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PAN AMERICAN TRAINING CAMP REPORT

Gary Warren

Houston, TX, March 18-24, 1996

With the successful backdrop of the San Juan National Forest, 33 athletes and 32 coaches and judges from nine different countries participated in the second annual Pan American Gymnastics Union (PAGU) Training and Educational Camp.

Provided by the USA Gymnastics Women's Program and hosted by U.S. coach Heather Kersley of Kentucky's Camp March 18-24, the Camp brought together representatives from PAGU member countries to share information on various gymnastics training techniques and to meet in an informal atmosphere.

Members of the USA Gymnastics Women's Program National Coaching Staff (Michael Gersfield, Gary Preece, Tammy Bagg, Steve Elliott, and Jerré Maynard) conducted daily training sessions for the athletes and coaches, while Linda Mulvhill provided sessions for judges attending the camp. Technical sessions for the coaches were conducted each evening by Steve Wilford, Kelly Bully, and Gary Ware—covering such topics as routines, the USA Gymnastics J.O. Compulsory Program, the structure of the USA Gymnastics program, preparation of a four-year PAGU competition and training schedule, and periodization.

The countries that were able to participate included Argentina, Brazil, Barbados, Canada, Ecuador, Honduras, Mexico, Puerto Rico, and the United States. Several of the athletes attending the camp were in training for the World Championships in Puerto Rico.



RINGS IN YOUR ROOM?

Victor Prisk takes full advantage of his dorm room at Iowa State University in Ames, Iowa. When Iowa State University dropped its men's gymnastics program in 1993, Prisk refused to give up his gymnastics career. Instead, he and his father designed a

ring rig to fit in a dorm room. "I worked strength at school and went home to Chicago every other week to swing," said Prisk. "Mark Club, former Iowa State gymnast, coached me at Pioneer Gymnastics Academy. It's a long drive but it's nice to swing on familiar equipment."



Prisk is considering competing for Michigan State next year while in medical school. If the finances work out he said he'll be doing the two things he loves the most—studying medicine and performing in NCAA gymnastics.

NCAA INTRODUCES ELIGIBILITY INFORMATION HOTLINE

Are you close to how many high school sports credits you need to be eligible to Division I gymnastics? Just get the ACT scores back, are you eligible to make the college gymnastics team next fall? Here's a clue on the process of measuring time a two-year to a four-year school?

There are just a few of the many questions prospective student-athletes face every day.

The NCAA, with the help of its corporate sponsor Sprint and Interlink, will provide these answers and more through a new 800 number. By simply dialing the new NCAA hotline at 1-800-433-8731, students, parents, coaches and counselors can get the answers they need through a series of recorded messages. The toll is free and the information is provided for any student-athlete

who plans to pursue a college education while participating in athletics.

"This is just one more continuing effort of the NCAA to ease the public's awareness of the new initial-eligibility standards that will be taking effect," said Jerry Geigley, chair of the NCAA Academic Requirements Committee. "I encourage high school students, parents, coaches and others to use this hotline to make sure they understand the often complicated rules associated with eligibility."

After dialing the number, callers will have access to first, eligibility concerning Indiana eligibility requirements, including information, two-year to four-year college transfer information, as well as an opportunity to enter free publications on these subjects.

GYMNASTICS ON THE INTERNET

USA Gymnastics announces "USA Gymnastics Online," the organization's World Wide Web site. USA Gymnastics Online debuted in conjunction with the 1996 McDonald's American Cup and the address is: <http://www.usa-gymnastics.com/online/>

The USA Gymnastics WWW site includes information about USA Gymnastics, the history and description of the sport, athlete biographies, national team rosters, a calendar of upcoming events, preparations for the 1996 Centennial Olympic Games in Atlanta, and many other features.

USA Gymnastics Online will be updated frequently and proves to be a definitive resource for keeping up-to-date on current events in the world of American gymnastics. Starting with the 1996 McDonald's American Cup, the site provides detailed information about USA Gymnastics competitions and events, competition results, and competition highlights.

At selected future USA Gymnastics events, on-site USA Gymnastics Online reporters will provide round-by-round commentary, score updates, and answers to questions from online participants.

Visitors to USA Gymnastics Online can enter drawings and contests for trophies, with winners chosen on a monthly basis.

In the near future, the site will include many other informative and exciting features including sponsor information, USA Gymnastics departmental information, USA Gymnastics merchandise, etc.

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1994 Olympic Silver Medalist Michelle Gosselin was married to Matt Gosselin on October 30, 1995. The couple resides in Colorado Springs, Colo.



1994 Olympic Gold Medalist Tim Daggett was married to Dr. Joanne Gosselin on October 30, 1995. The couple resides in West Springfield, Mass.



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JOHN MACREADY IS READY



STAR
PROFILE

FAVORITE THING TO DO

I love to eat breakfast at a restaurant up in the mountains. I also enjoy snow skiing, but we (the U.S. Olympic Training Center gymnast) haven't gone this year due to training for the Olympic Games. I also enjoy hiking in the mountains.

By Leon Porezek

You've probably heard of tennis superstar John McEnroe and football great Dan Marino. But have you heard of gymnastics up-and-comer John Macready?

Now probably well-known because Macready is ready to make his mark! Macready, 21, is from Los Angeles, Calif., but currently trains at the Olympic Training Center in Colorado Springs, Colo. He got into the sport at age 3 along with his older brother. Since watching the 1994 Olympics on TV, he's had a dream to make an Olympic team. He's hoping that his dream will come true in 1996.

So far things are certainly going Macready's way. He took third all-around at the 1996 Western Cup Challenge and finished third all-around in preliminary at the 1996 McDonald's American Cup. Unfortunately, due to the two athletes per country rule, Macready could not advance to finals at the American Cup because teammates John Rothenberger and John Lynch were first and second.

Macready credits his current coaches Ron Brant and Vasily Marichev for his success, as well as his former coach Steve Barber at South Golf Gymnastics in San Diego, Calif. Barber said, "John made a very big decision when he was 14 years old to move away from home and family and train with me in San Diego. In 1997 he made the Junior National Team for the first time. John is physically gifted. He has great legs which has become his trademark."

Macready said, "My mom excited I got into Steve and Ron and I have not regretted it since. It was probably the best move I've made. Training in Colorado has also proven to be a great move for me."

Coach Brant said, "The thing that stands out about John is his style of gymnastics. This is what sets him apart from the rest. At the 1995 World Championships coaches came up to me and mentioned

BIRTH DATE: April 29, 1975
HOMETOWN: Los Angeles, Calif.
RESIDENCE: Colorado Springs, Colo.
COACHES: Ron Brant, Vasily Marichev
FAVORITE THING TO DO: Personal Time

FUN FACTS

that they liked his style. That is his strong point!" Brant added, "By and by it has been hard for him to be consistent because we sometimes change and add difficulty to his routines in order to make him competitive. Now he just needs to work on consistency."

Work is something Macready has had to do his whole life. At age 5 he was diagnosed with dyslexia, the impairment of one's ability to read. He has worked through this setback and has gone on to college to study communications/liberal arts.

"I have gone through a lot of tutors," said Macready. "They taught me to do what I want to read. I have reading glasses and I try to read a lot which helps."

Macready attended the University of Colorado since 1993. His first year of the Olympic Training Center, but not the semester he began his training. He plans to continue his education after the Games. He would like to look into the entertainment industry, perhaps as a commentator in radio or TV. His dream by this naturally since his mother is an actress and his brother is a professional dancer.

Macready is ready for the challenges that he stands in the next few months prior to the Olympic Games and hopes to be a member of the '96 Team.



CAREER HIGHLIGHTS

- 1996 McDonald's American Cup, Ft. Worth, Texas; 3rd-All-Around, 3rd-HR, 4th-FR & V, 4th-5th PM, 5th-SB
- 1996 Kawasaki Cup, Kawasaki, Japan; 3rd-HR
- 1996 Winter Cup Challenge, Colorado Springs, Colo.; 3rd-AR & SB, 1st-HR
- 1995 World Championships Team, Saitama, Japan; 9th Team



"I wake up at 8:30, go to breakfast at the cafeteria, then head to sports medicine around 9:00 to get my shoulder

JOHN MACREADY

A Day in John's Life

and wrist worked on. Workout is from 10:00-1:30 and then I go back to sports medicine and ice down until 2:30. I eat

lunch, go to my room, rest, watch TV, do errands or whatever. Then it's back to workout from 4:00-7:00, sports medicine, dinner and back to my room."



AMERICAN



POEMS

Dear KIM ZHESKAL,
I absolutely positively completely
totally without a doubt love gym-
nastics and you are my favorite.
I've not completely at high school
yet but I'm on the high school
team. I like to make my routines
original and I wonder if it looks
are you when other gymnasts copy
parts of your routines?
Lizette Phillips
Oakdale Ohio

Dear Lauren,
I share your strong
feelings for this sport.
Personally, I take it as
a great compliment
when other gymnasts
improve skills that
I've used in their
routines.

The Highest Star

Going for the gold, The Highest star
Tying his arms (maybe his hand on hand)
Hanging falling short. One leech or two
Clustering over apex. The first something new
Doing for the gold, I won't be least
I will ever again. And the great wishes of perfect
Hitting for several hours as old routine
Being to be champion. First—The Queen
But now I AM first and have reached that star
And believe it or not, I was it an hour.
My victory always will be long and sweet
I am and I am and I refuse to be lost.
By John Edwin White
Watkins, New York

The Greatest Dymers

Isn't the greatest dymers
without a doubt.
With a perfect routine
And a perfect dismount
She can punch off the vault
She can balance on beam
She can tumble on floor
Fall or back she can swing
Never try to beat her
But when they all
It is difficult to do
Because she is one of a kind
She is my favorite dymers
She can make you day a Sun Star
There's no doubt to this
Her name is Shannon Miller!
By Henry H. Lee
Edmore, Ohio, GA

Dear Kim ZHESKAL,
I'm almost 12 years old and a Level 5 gym-
nast. Sometimes I have to come to gymna-
stics late because of all my homework. How
am I able to get all your information? How
did you go to gymnastics?
Nate Collins
Watkins, New York

Dear Nikki,
Growing up, my parents always
stressed the importance of doing
well in school. I tried to get as
much of my work done as close to
possible to last the summer I had
to do after the evening practices.
For a few years, I attended a pri-
vate school where most of the
classes were made up of just my
classmates. The teachers under-
stand my training schedule and
worked well with us.

What Does Gymnastics Take

In gymnastics gymnasts flip and fly through the air
Gymnasts leap and tumble everywhere
Gymnastics takes a lot of strength
No practice at very long lengths
Gymnasts do take a lot of dedication
Gymnastics need a lot of warm motion
I have 12 gymnastics on my team
My favorite pairs to be team
That is why gymnastics is the sport for me
I can't think of a better place than
the gym to be



Ashley
McArthur, 11 years old
North Creek Gymnastics and Dance
St. Cloud, Minnesota

Dear Alina,
I started gymnastics when I was 4
years old. After about a year in
Class 10 my coach moved me up to
Class 1. The current level system
was introduced after the 1992
Olympics but Class 10 is almost the
same as Level 8 and Class 1 is
exactly similar to Level 6. I am 11
exactly remember my lowest score
but I know of a couple of scores
below a 6.0. My highest was
5.45. I practice four and a half
hours of just gymnastics training
six days a week. I also do ballet
five hours a week and a condition-
al live hours per week. Keep
working hard and it will give
honing from you.

Dear JESSICA DAVIS,
The 10 years old and in Level 10 I'm
training in Brooklyn at "Dymers"
Sports Club. I love rhythmic gymnastics
and I love my coach Katerina Krut'kina. I'm your biggest fan. I'm
looking forward to seeing you compete in 1990. I want to see
you a couple of questions. How did you go when you compet-
ed in Level 10? What is the highest and lowest score you have
ever received? How many times and hours a week do you train?
Alina Kozak
Brooklyn, New York

LAURISA FONTAINE



STYLING: J. WENDY STANLEY, MS

Dear LAURISA FONTAINE,
Are you still competing and doing
gymnastics or did you quit? I
thought you were really good,
especially on bars.
Karen Henderson
Wheaton, Maryland

Dear Sarah,
Yes, I am still training. I'm at Nili's
Angels in Silver Spring, Maryland,
and being coached by Kelli Hill.

Unfortunately, I've had a few injuries so I
haven't been able to compete. I was very
prepared for American Classic in February
but I sprained my ankle so wasn't able to
compete. I'm looking forward to
competing in the U.S. Classic (May 17-19) in
Colorado Springs, Colo.) and hopefully the
Coca-Cola American Championships (June 5-8
in Knoxville, Tenn.).



JESSICA DAVIS

CHALK TALK

Dear Catherine,
Winning the Gold Medal at the 1976 Olympics inspired me to start gymnastics. It was always a dream of mine to see my name in the Olympics. No I never got because of an injury, however, injuries are very frustrating. You must always be perfect.

Dear MARY LOU EDITION,
I'm in the 8th grade at Brownfield High School located in Colorado. What inspired you to do gymnastics? What determined you to do all the way to the Olympics? Did you quit your regular because of an injury?
Catherine Johnson
Brownfield, Colorado

Dear Jessica,
I was 7 years old when I began gymnastics. First, remember if you're in, but being a member was what I loved most of my time. Some of my friends were Nicole, Darlene, Paula, Sylvia, Tracey. We were and Julianne McManis.

Dear MARY LOU EDITION,
I'm 11 years old and a Level 5 gymnast. My first meet was February 10, 1988. I never an interest. I started gymnastics. How did you when you started gymnastics? Do you sometimes miss going to gymnastics? Who were some of your best friends when you were in gymnastics?
Janette Clark
Denville, Massachusetts

Dear MARY LOU EDITION,
I'm in rhythmic and artistic gymnastics. I have to decide which one I want to do most. I'm almost 10 years old. All of my friends are in gymnastics. Most things look to my coach and I think I will be better at rhythmic gymnastics. Any advice?
Kelly Boer
Westville, Illinois

Dear Kelly,
Dear is really your decision. If you think you would be a better rhythmic gymnast, do it. Don't worry about your friends. Do what you love and what you are best at.

Dear Laura,
Hi, I'll never see late in my gymnastics. Gymnastics is a challenging sport, but there for you to compete and only for your club but also for a college team. Just remember to work hard.

Dear JOHN BOOTHBYBROOK,
I'm 16 years old and I'm in Class 4. Our gym just got a new, parallel bars and parallel bars. Do you think that I am too old to do any good in gymnastics?
Laura Johnson
Iowa, Missouri

Dear JOHN BOOTHBYBROOK,
I've always wanted to try some on vault. I'm a Class 4 gymnast at Madison Square Gymnasium and I'm 12 years old. Do you have any advice?
Kara Carter Brown
Madison Square, Minnesota

Dear Bart,
By running and lifting the head without the neck. Don't you get comfortable with this, put the neck back in place. This should correct any problems you have with your steps.

Dear MARY LOU EDITION,
I'm in your favorite sport! My favorite events are vault and rings. I'm a 10th grade student and in Class 3 gymnastics. I go to Madison Square. How does it feel being a major gymnast?
Don Kottland was
Madison Square, Minnesota

Dear Dan,
My favorite event is pommel horse because it's also my best event. I train really hard, about six hours a day, six days a week so it is a good day. I'm in the gym and my best. It makes me feel like a top gymnast in the U.S. But has always been my goal.



Dear KIP SWANSON,
My name is Jeffrey and I go to Intermediate in Maryland. Do you have any tips on training for Olympic level?
Jeffrey Johnson
Cherry Chase, Maryland

Dear Jeffrey,
Have fun with the sport. I've been in gymnastics for 17 years and I would have never reached this level if I were not enjoying myself every day in the gym. I'm not sure anyone has the exact formula for making the Olympic team but all you can do is go in the gym and try hard. It takes away many hours in the gym of hard work and dedication.

Chalk Talk includes questions covering men's, women's and rhythmic gymnastics. Send your questions to superstars like Mary Lou Retton, Kim Zmeskal, Shannon Miller, or any of your other favorite gymnasts. You can also send us photos of yourself or drawings you've made. Remember, we can't return pictures or artwork. Send your questions to: USA Gymnastics, Chalk Talk, P.O. American Place, 201 G Capitol Avenue, Suite 300.

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